

NSC Week 6-7: Playing out of the back

AGE: U11-U12 / 9v9 / 6 players

MOMENT: Attacking

Richard Romain-
Dika

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Optimal technical, Read game/make decisions

 6

 45 min

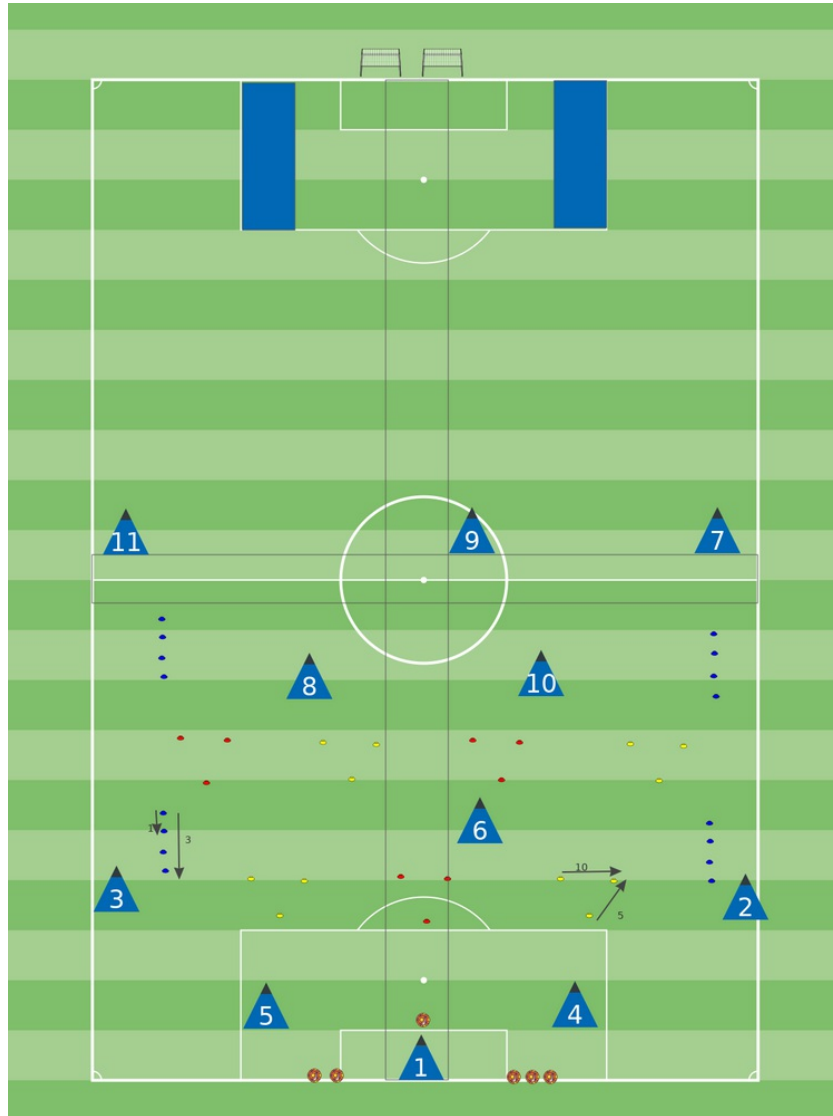
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OBJECTIVE: Improve Build Up from the defensive 3rd

PLAYER ACTIONS: Pass options, Change point, Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Use different set of cones so triangles are clear to see. Add triangle as described. You can start with less triangle and add more toward a progression to increase the difficulty. If you have a full roster, you can have rectangles ((20 X 15 , 10X20) or square (15 X 15 , 20X20) with a defender inside instead of triangle Balls are not allowed to go thru any triangles (can. go thru squares or rectangles if there is defender) balls start from the goalkeeper as a goalkick or live ball. Once the ball is played to forwards, the back line must reset to their starting position and play out of the back. They are NOT allowed to play the ball to forwards until they are back to their starting position. It forces defenders and midfielders to recognize when to possess and when to go forward. Make sure to stop the session to make sure Let the players start freely Fowards can attack from wide areas working on box crosses or combine through the middle. You can add triangle in the defensive 3rd to forces forwards to move properly. Variation: Add restrictions: one or two touches one burpee everytime the ball goes thru a triangle, touches a cone or is intercepted. Add more cones if players are successful Add defenders in boxes to prevent crosses.

KEY WORDS:

Back Paddle Open up Create space Front foot back foot one touch two touches Turn Man on Disguise pass Diagonal passes staggered position Touch line Breaking Lines Pocket of space Skip a player

GUIDED QUESTIONS:

Center backs,Where should starting position be? Fullbacks, Where should starting position be? Midfielder, Where should starting position be?

 **MOMENT:**

 **AGE:**
U9-U10 / 7v7

 **PLAYERS:**
7 vs 1

 **DURATION:**
40:0 min

ANSWERS:

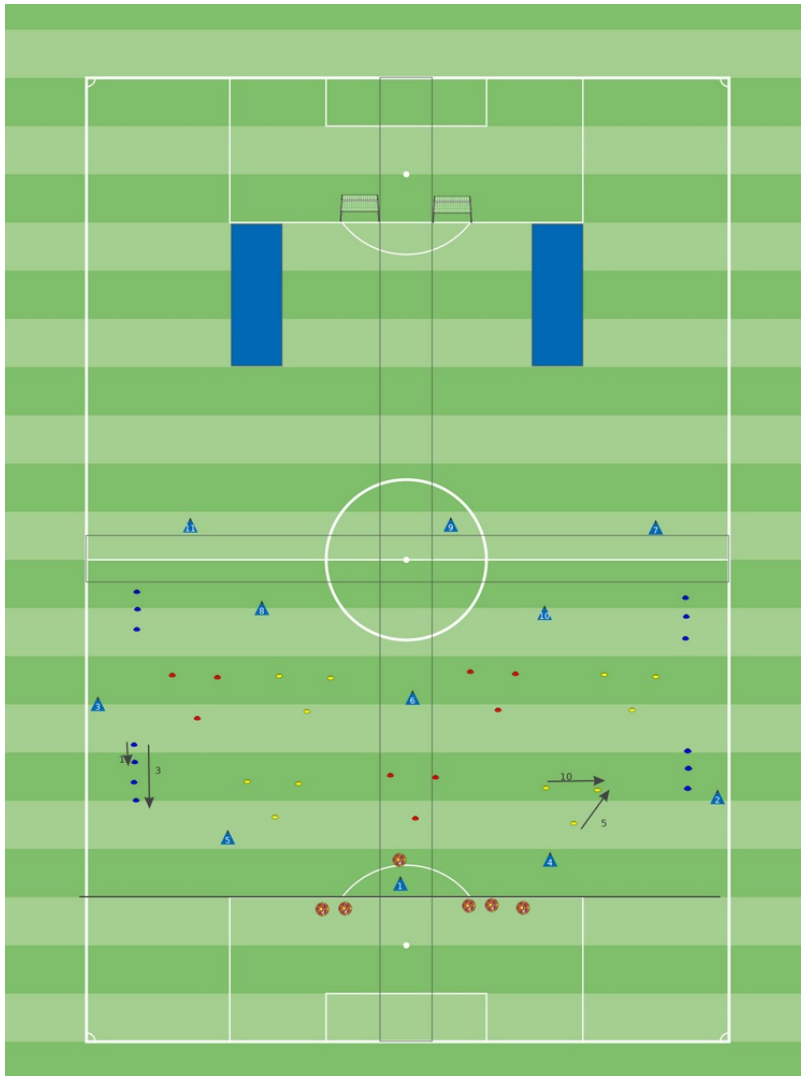
Answers depend on the location of the ball.

NOTES:

Make sure the keeper and center backs find midfielders. Very often players think that playing out of the back means playing full backs only!!!!

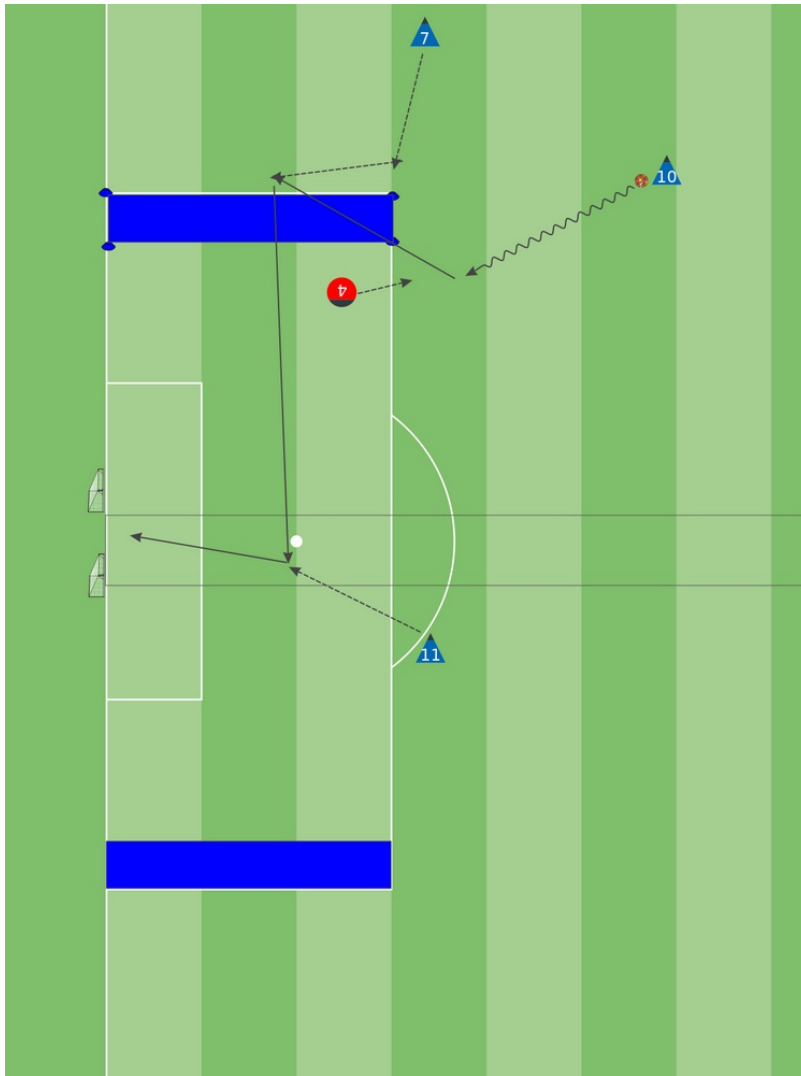
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Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: